

Wine Drinking After Heart Attacks

Once someone has enough lesions in their coronary arteries to have suffered a heart attack, they are much more likely to have a second heart attack. Multidrug treatment is usually used to reduce chances of recurrences. A new study looked at wine drinking in prevention of repeat heart disease. Over four years of followup, drinkers had a 59 percent reduction in heart problems.

Over 350 French patients who had heart attacks and with what were considered reliable records of drinking were included. More than 90 percent of the alcohol came from wine. Half followed a western diet and half a Mediterranean diet, but alcohol was beneficial with both diets. The study was published in [the September 17, 2002 issue of Circulation](#).

HERE'S WHAT YOU NEED TO KNOW: This study confirms many previous reports that moderate consumption of wine reduces the risk of heart attacks. Although there is lots of publicity about wine being particularly heart healthy, several studies suggest that moderate intake of any alcoholic beverage at meal time will reduce the chance of heart attacks.

Nutrition News Focus: 11.20.02